

Fries-Sweet Potato

NO IMAGE

Servings:	40.00	Category:	Vegetable
Serving Size:	3.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44830
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRIES SWT 3/8IN	15 Pound	CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME. CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. DEEP_FRY FILL BASKET ONE HALF FULL (1.5 LBS) WITH FROZEN FRIES. DEEP FRY @ 350° F FOR 3 TO 3 1/2 MINUTES.	273660

Preparation Instructions

Basic Preparation

DEEP FRY: FILL BASKET ONE THIRD FULL (1 LB.) WITH FROZEN PRODUCT. DEEP FRY @ 350°F FOR 2 1/4 TO 2 3/4 MINUTES. CONVECTION OVEN: PREHEAT OVEN TO 425°F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 12 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK. WHEN COOKING SMALLER AMOUNTS, REDUCE COOKING TIME.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	1.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	300.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	380.00mg
Carbohydrates	46.00g
Fiber	2.00g
Total Sugar	14.00g
Added Sugar	2.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	352.74
Fat	14.11g
Saturated Fat	2.35g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	446.80mg
Carbohydrates	54.09g
Fiber	2.35g
Total Sugar	16.46g
Added Sugar	2.35g
Protein	2.35g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 70.55mg	Iron 1.18mg